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TORONTO, ONTARIO, MAY 25, 2010

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Audio Files



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pg 30

Feds ignored own abortion advice: Notes

HEALTH The Harper government turned its back on advice from its own civil servants when it excluded abortion funding in its G8 maternal- and child-health initiative, The Canadian Press has learned.

Briefing notes prepared in January by the Canadian International Development Agency for International Co-operation Minister Bev Oda suggest access to safe abortion services could save numerous lives in developing countries.

Abortion was among the measures CIDA felt were necessary to meet the ambitious maternal health goals Ottawa plans to promote at the upcoming meeting of world leaders in Huntsville next month.

THE CANADIAN PRESS



Canada pg 8

Brantford soldier killed in Afghanistan

On the web
Visit metronews.ca for news updates



NHL playoffs Flying high

Philadelphia Flyers Mike Richards, left, and Claude Giroux celebrate Richards' first-period goal last night during Game 5 of the NHL Eastern Conference finals in Philadelphia. Philadelphia beat Montreal 4-2 to win the best-of-seven series 4-1. More coverage, page 18.

Work in progress

Some major city projects going ahead, others on back-burner

Wonder what happened to plans for Downsview Park, Union Station or that aquarium at the CN Tower?

Here is an update on some major initiatives either planned or approved around the GTA: **PROJECT:** A proposal for a 14,000-square-metre Ripley's Aquarium at the base of the CN Tower is going ahead.

UPDATE: The city's planning department is hopeful final approval from city council will come in August.

PROJECT: The \$640-million renovation of Union Station.

UPDATE: The project is underway and on schedule, but you probably won't notice much work yet. The massive undertaking is set

to be completed in 2015. **PROJECT:** Plans are still alive to build a pedestrian tunnel under Lake Ontario

to the Toronto Island Airport, but government may not be involved.

UPDATE: The Toronto Port Authority has turned to private investors to raise the cash in what it is calling a P3

(public-private partnership) initiative.

PROJECT: Plans for the eastern part of the Gardiner Expressway remain in limbo.

UPDATE: Waterfront Toronto is conducting an extensive environmental assessment to determine how best to integrate plans for the Gardiner with the rest of the developments in that area along the waterfront. **TORSTAR NEWS SERVICE**

Spring is only beginning to heat up in the GTA

WEATHER Yesterday may have been a scorcher, but it's about to get even hotter. Temperatures that reached 24 C before noon and crested at 27 C prompted Toronto's medical offi-

cer of health to issue the first heat alert of the year yesterday, with the run of bright sunny skies and warm air expected to last all week.

Highs of 30 C are forecast

for today through Thursday, which is about 10 degrees warmer than the seasonal average but meets expectations for balmy late-May conditions, said Environment Canada meteorologist Mark Seifert.

Yesterday will go in the books as a superbly sunny day well-suited to celebrate Queen Victoria's birthday, but the city has seen hotter. The all-time high for

May 24 — 31 C — came three years ago.

People are encouraged to stay inside, keep hydrated and avoid overexertion during the peak hours of sunshine. **TORSTAR NEWS SERVICE**

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Local



Family reunited

A three-year-old girl was reunited with her parents yesterday after she was found wandering the streets of Toronto. A man saw the girl walking near Dupont Street and Lansdowne Avenue wearing only a diaper. He called police, who called an ambulance and the girl was checked out. While the girl was sitting in the ambulance, the mother came out of an apartment just down the street and was relieved to see her daughter. Police say no charges are expected to be laid.

THE CANADIAN PRESS



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Tomorrow's Metro

West View

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Blogs Global Peasant rekindles her romance with a little-used kitchen utensil and Sexcetera touches on the thorny issue of religion and marriage



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Protecting Queen's Park from protesters

117-year-old building to host G20 'speech area'

It's lived through destructive fires, blood-letting riots, even the slow erosion of its unusual, pink-hued bricks to the ravages of time.

But surviving the G20 protests may prove to be the biggest challenge yet for the Ontario legislature, which has seen its share of political warfare over the last 117 years.

Preparations are already underway to protect the century-old structure from overzealous protesters who may be looking for a target June 26-27 as world leaders, including U.S. President Barack Obama, hunker down at a convention centre just a few blocks south.

Demonstrators are being urged to use a designated "speech area" directly behind the building for their protests, putting them within a stone's throw of



"We're going to make sure that safety is No. 1."

Speaker Steve Peters

the historic site whose treasures include a diamond-studded mace, priceless artwork by such artists as the Group of Seven and a library filled with irreplaceable archives.

"We're going to make sure that safety is No. 1," said Speaker Steve Peters, who acts as guardian of the legislature.

"But also we want to make sure that we do everything we can and ensure that there's no opportunities to see any damage taking place with the building itself."

Queen's Park isn't just the seat of provincial parliament. It's also the home away from home for Peters

and Lt.-Gov. David Onley, both of whom have fully furnished suites in the cavernous building.

Onley doesn't live in his viceregal apartments, his staff said. And Peters, who usually travels to his constituency every weekend, said he plans to stick to his usual routine and head home to St. Thomas before the G20 summit.

Some employers are telling their Toronto workers to stay home June 25 and avoid the commuter congestion and possible clashes between protesters and police. But Peters said he hasn't decided yet whether to give staff the day off.

THE CANADIAN PRESS

Oil patch tax breaks on the line ahead of summit

G20 Canada is contemplating taking the lead on a key G20 pledge by announcing the elimination of some tax breaks for the oil patch prior to the June summit in Toronto, The Canadian Press has learned.

G20 leaders agreed last September in Pittsburgh they would reduce distorting fossil fuel subsidies over the medium term and pledged to present concrete national plans in Toronto.

But sources say Ottawa

wants to get ahead of the pack. They say senior officials are studying a proposal that would see Ottawa announce plans to reduce tax support for the oil and gas sector prior to the summit.

At stake is hundreds of millions of dollars in foregone tax revenue every year, sources say.

"This is unilaterally in our interest to do this, so let's just do it," said one insider.

In the meantime, negotiators have agreed how best to define what a constitutes a fossil fuel subsidy. While some G20 countries have argued that only consumption subsidies be targeted, others insisted, successfully, that production subsidies also be included.

THE CANADIAN PRESS

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Tisdale Maui in Toronto



Ashley Tisdale takes her dog Maui for a walk last night in Yorkville. The star is in Toronto to reprise her High School Musical role as Sharpay in a TV movie called High Stakes.

News in brief

HEALTH In a survey of 268 catholic, public and private high schools, researchers have found that only half of the schools in Toronto teach CPR as mandated in the province's physical health curriculum. Catholic schools fared the best, at 78 per cent, while 65 per cent of public schools and 39 per cent of private schools taught CPR.

POLICE WEEK After spending Victoria Day looking after other peoples' parties, Toronto police are throwing a little shindig of their own. Officers from 55 Division are inviting Torontonians to help celebrate Police Week between 4 and 8 p.m. tomorrow at New Woodbine Park.

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Police working to crack case of body encased in concrete

INVESTIGATION Toronto police have been in touch with police forces in Ontario and Quebec as a coroner chipped away yesterday at the concrete-encased body found in a barrel in Lake Ontario Sunday.

Police Det. Justin Vander Heyden wouldn't comment on whether this may or may not be an investigation about organized crime.

Identification pending

- Dozens of officers are involved in the investigation behind the body.
- Police Det. Justin Vander

Heyden said he hopes to be able to release the identity of the body within the next one or two days.

But he said he has a pretty good idea of who the victim is and when the crime occurred. He's awaiting confirmation from the

coroner before notifying the victim's family.

Vander Heyden refused to say whether the victim is male, nor whether

there's any connection to the discovery of the remains of a man in both Oro-Medonte Township and Lake of Bays Township Saturday.

Vander Heyden said he's confident the barrel was found where it was dumped in the lake, by more than one person, and has been there for only a short period of time.

THE CANADIAN PRESS



A security officer checks a United States-bound passenger earlier this year at Pearson International Airport before he enters a secure area for American customs and personal security screening.

Feds to pump \$95.7M into air security

As part of its ongoing pledge to shore up aviation security in the face of terrorist threats, the federal government announced yesterday that it will spend \$95.7 million over five years to bolster air cargo security at Canadian airports.

Defence Minister Peter MacKay was one of six cabinet ministers who made similar announcements across the country.

Speaking at an Air Canada cargo facility at Halifax Stanfield International Airport, MacKay said it is vital that Canada move to protect a growing industry that is already a major component of the country's trade.

He said the Halifax airport alone moved 20,890 tonnes of commodities in

2008.

Although MacKay released no specific details on such things as additional jobs or new types of technologies to be purchased, he said the program would eventually incorporate all the tools available to ensure increased security.

The new funding will be used for screening technology, to hire new government inspectors, to improve training programs and to help shippers and air carriers comply with standards.

Under the program, the government will increase mandatory screening of cargo, but air carriers will continue to have the ultimate responsibility to ensure that all cargo is safe.

THE CANADIAN PRESS

McGuinty pushes life sciences in Israel

TRADE Premier Dalton McGuinty met with Israeli President Shimon Peres in Jerusalem as he began his six-day mission to promote Ontario's life sciences sector.

During the one-hour meeting Sunday, the two leaders talked about a variety of issues including research, innovation, clean water technology and health sciences.

They committed to continue building on existing partnerships between Is-

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Ontario's trade with Israel amounts to about \$1.1 billion — which government officials say is an 86 per cent increase since 2004.

rael and Ontario to help strengthen the knowledge-based economy.

There are about 900 life sciences companies in Ontario and in Israel.

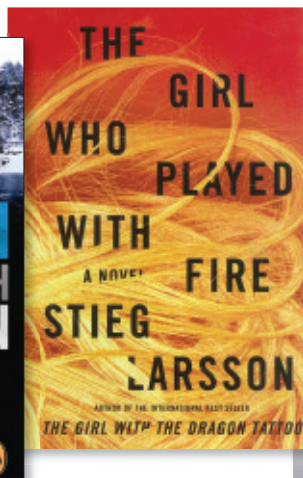
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Two people are in custody after a Mississauga man was beaten at Trudeau Park in Tweed, Ont. Bradley Van Diepen, 28, died of his injuries. **THE CANADIAN PRESS**

Contest Gravy train to victory



Pat (Deep Dish) Bertoletti, left, from Chicago is declared the winner of the World Poutine Eating Championship in Toronto Saturday after eating 5.9 kilograms of poutine in 10 minutes.

Lawyer refutes cult claim

Reports that GTA pastor Jae-Kap (Joe) Song ran a sex cult and received his religious training from a California mail order firm are ridiculous fabrications, Song's lawyer says.

"That's a crock," Christophe Preobrazenski said in his first interview since Song was charged with sex-related offences in March. "The suggestion that this is a cult is absolute

nonsense."

Preobrazenski said Song will be maintaining his innocence on a charge of inappropriately touching a female parishioner. No trial date has been set.

The name of his church cannot be reported because of a publication ban in a separate criminal case involving former congregation members. In that case, another former church

member was charged last week by Toronto police with gang sexual assault and sexual assault.

That brings the number to nine members of the congregation — including two women — who have been charged with sex-related offences since March. None of their names or the names of their alleged victims can be published.

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Officials with the City of Saskatoon are still in the dark about who was behind a series of strange stickers. The stickers, which were made to resemble official City of Saskatoon bumper stickers, had strange slogans such as "Children must be kept on a leash" and "Designated stabbing area" started showing up last Friday. **THE CANADIAN PRESS**

Canada



Pulp mill gets green funding

The federal government is putting \$22 million into green initiatives at Domtar's pulp mill in Dryden. Some of the money will be used to install a high-pressure turbogenerator to increase the amount of electricity produced by steam. The rest will be used to increase the efficiency of the plant's turbine. Prime Minister Stephen Harper was in the city for the announcement.

THE CANADIAN PRESS

Canada imposes sanctions on North Korea

REACTION Canada is imposing sanctions on North Korea for the sinking of a South Korean naval vessel in March.

Prime Minister Stephen Harper said in a statement issued yesterday the sanctions will include enhanced restrictions on trade, investment and other bilateral relations with North Korea. The government will also suspend high-level visits to Canada by North Korean officials.

The sinking of the Cheonan March 26 near the Korea's western maritime border killed 46 sailors. Three experts from the Canadian Navy joined the team that investigated the incident and concluded the warship was sunk by a torpedo.

THE CANADIAN PRESS

MORE COVERAGE, PAGE 12

Ottawa Fishing fun



The Parliament Buildings are seen behind Drew Lander yesterday as he spends his Victoria Day fishing and enjoying the warm weather in the Ottawa River.

PAMELA DOWLING/THE CANADIAN PRESS

'Gentle Giant' slain

Another Canadian soldier dies in IED blast

A "Gentle Giant" who fought hardship on the battlefield without a word of complaint was killed yesterday by an improvised explosive device, the fourth member of the Canadian military to die in Afghanistan this month.

Trooper Larry Rudd, 26, a native of Brantford, died at 12:30 p.m. local time after an IED detonated near the Panjwahi district village of Salavat, about 20 kilometres southwest of Kandahar city, while he was on a combat resupply patrol.

"Trooper Rudd will be remembered by the soldiers that served alongside him as a professional soldier who never complained regardless of the hardship

Lethal weapons

- More Canadian military personnel have been killed as a result of an IED blast than from any other cause.

that he and his crew endured," Col. Simon Hetherington, deputy commander of Task Force Kandahar, told a news conference at Kandahar Airfield.

Among his military comrades with the Petawawa, Ont.-based Royal Canadian Dragoons, Rudd stood taller than most — both in physicality and maturity.

"He was big, strong and



Trooper Larry Rudd

fit, and despite his intimidating size, he was considered the Gentle Giant within his

squadron," Hetherington said.

THE CANADIAN PRESS



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Man loses ear in fight: Police

Police say an altercation in the downtown area of St. John's, N.L., ended with a man having his ear bitten off. **THE CANADIAN PRESS**

canada 9

Walkerton's legacy

Memory of water crisis still fresh in town's mind

Perhaps more than any other image, the newspaper picture of a little girl on a stretcher next to a wide-eyed teddy bear jolted the outside world to the magnitude of the unfolding tragedy that was Walkerton 10 years ago.

Her small pale face shows distress and fear as she is carried to an air ambulance for a flight to hospital and into the unknown.

"I was really sick, not feeling good — and scared," says Tamara Smith, the five-year-old on the stretcher.

Today, Tamara is a healthy 15-year-old. Her two-week hospital stay is a slowly fading memory, much like the clipping of that iconic photograph her dad, Brad Smith, still carries in his wallet. But she cannot forget.

"I talk about it with my friends sometimes. I talk about it with my mom and dad a lot."

Tamara was one of 2,500 people sickened by tainted tap water in the midwestern Ontario town of 5,000 over the May long weekend exactly a decade ago. Seven



Tamara Smith, now healthy and 15, 10 years after the Walkerton tainted-water crisis.

people died, the result of E. coli poisoning from cow manure washed by torrential rains into a vulnerable town well.

A judicial inquiry would pin the tragedy on the brothers who ran the town's water system; sloppy practices and oversight by the Ministry of the Environment; and budget cuts by the Conservative government of then premier Mike Harris.

Former utilities manager Stan Koebel, now 57, was given a one-year sentence after he and younger brother Frank pleaded guilty to common nuisance.

Although they had falsified water records and not come clean about the con-

taminated water even as people were falling ill, the judge found they were not directly responsible for the deaths and illness.

Stan Koebel worked briefly in Stratford fixing traffic lights. The job ended after a news photograph of him up a pole.

He lived for a while in Orillia before moving again to a remote lakefront property in northern Ontario, bought before he and his wife Carol fled Walkerton, the town in which he was born and raised.

He has never talked to the media and still won't.

The couple still returns to Walkerton to see family, Carol Koebel says.

While Tamara doesn't blame anyone for the trauma she went through, some still harbour hostility toward the Koebels.

A few days before a commemoration service a week ago, someone pinned newspaper photographs of the brothers to a tree at the now abandoned Well 5.

Below the pictures was the text: "Largely to blame."

THE CANADIAN PRESS

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A Spanish bullfighter left intensive care yesterday and was recovering in a Madrid hospital after a bull's horn ripped through his throat, pierced his tongue and smashed his palate. **THE ASSOCIATED PRESS**

World



Doctor barred over autism study

A doctor who persuaded millions of parents that a common vaccine could cause autism was barred from practising medicine in Britain yesterday after the country's top medical group found he conducted his research unethically. Dr. Andrew Wakefield, left, was the first researcher to publish a study suggesting a connection between autism and the vaccine for measles, mumps and rubella. That prompted legions of parents to abandon the vaccine in moves that epidemiologists feared could lead to outbreaks of the potentially deadly diseases. **THE ASSOCIATED PRESS**

7 arrested over attack that killed Canadian

AFGHANISTAN Seven Afghans have been arrested in connection with a suicide bombing last week that killed six NATO soldiers, officials said yesterday. A senior official accused Pakistan's intelligence service of a role in their training. A total of 18 people — including Canadian Col. Geoff Parker and three American colonels — were killed in last Tuesday's bombing near the destroyed royal palace in Kabul. It was the deadliest attack against coalition forces in the Afghan capital in eight months. A spokesman for the Afghan intelligence service told reporters the seven, including a school-teacher, were taken into custody separately over the last week. **THE ASSOCIATED PRESS**

Fergie's folly caught on tape

Duchess of York apologizes for selling access to Royal Family

Sarah Ferguson was once considered a lively spark, just the thing to brighten up Britain's staid royal family when she married Prince Andrew and became Duchess of York.

But in recent years, the brash redhead has found herself in trouble.

She was the royal who struggled to control her weight and balance her chequebook — and often ended up in the tabloid newspapers for all the wrong reasons.

Though work in the United States improved her bank account and her image, Ferguson took a blow over the weekend when a Sunday tabloid reported she had offered access to Andrew, Britain's special representative for



In this video image from U.K. newspaper News Of The World, Britain's Duchess of York Sarah Ferguson allegedly offers to sell access to her ex-husband Prince Andrew on an undisclosed date.

trade and investment, to an undercover reporter. Her price? Allegedly a

half-million pounds (about \$725,000), with a \$40,000 down payment.

The News of the World front page read "Fergie 'sells' Andy for 500K" and the story went global.

Ferguson issued a statement apologizing for causing embarrassment and a "serious lapse in judgment" and said Andrew "was not aware or involved in any of the discussions that occurred."

Recently, the company set up to manage her U.S. career in publishing, public speaking and media work, Hartmoor LLC, collapsed with debts of around \$1 million. And according to reports in Britain, Ferguson is facing legal action over unpaid bills.

THE ASSOCIATED PRESS

News in brief

U.S. The violent crime rate in the United States went down in 2009 for the third year in a row and the property crime rate fell for the seventh consecutive year, the FBI reported yesterday. According to the numbers, all four categories of violent crime declined compared to 2008 — robbery, murder, aggravated assault and forcible rape. The largest decrease in murders — 7.5 per cent — took place in cities of half a million to a million in population. The only increase in murders occurred in cities with 25,000 to 50,000 people. **THE ASSOCIATED PRESS**

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INCLUDES accom in Barefoot Landing. Departs Aug 31/ggv/dl.

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INCLUDES Manhattan accom. Departs Jun 11/ggv/aa. **ADD** Woodbury Common shopping tour for \$44.

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Departs Jun 12/acv/lac.

Mayan Riviera 7 Nights 4-Star \$447
Ocean Maya + taxes & fees \$281
Departs Jun 6/nol/ts.

Jamaica 7 Nights 4-Star \$497
Holiday Inn Sunspire Resort Montego Bay + taxes & fees \$277
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Zimbabwean gay activists arrested for displaying letter from former San Francisco mayor

Police have arrested two members of a gay organization after they posted a letter in their office from former San Francisco mayor Willie Brown criticizing the Zimbabwean president's opposition to homosexuality, their lawyer said yesterday. **THE ASSOCIATED PRESS**

UN chief: N. Korean attack 'deplorable'

United Nations Secretary-General Ban Ki-moon called the evidence "overwhelming and deeply troubling" yesterday that North Korea was responsible for a torpedo attack that killed 46 South Korean sailors.

Ban said he shares in the international outrage over the March 26 sinking of the Cheonan in the Yellow Sea

off the west coast, and expects a response from the UN Security Council once South Korea brings the matter to its attention.

Ban came out hitting hard about one of South Korea's worst military disasters since the 1950-53 Korean War. A torpedo fired from a North Korean submarine tore the ship in two, an international team of in-

vestigators concluded last week.

But he repeatedly said he was pressing his global duties, rather than acting as a partisan because he is a former South Korean foreign minister. "I try to be very objective and fair, reasonable," he said.

Ban said it was "particularly deplorable" that North Korea's attack occurred

while talks are stalled with South Korea.

The UN chief's comments echo those of U.S. President Barack Obama, who offered his full support. But any action by the 15-nation Security Council, the UN's most powerful body, may depend on the outcome of negotiations between the U.S. and China.

THE ASSOCIATED PRESS

Everest Top of the world at 13



In this photo taken Saturday, Jordan Romero, 13, right, poses with a Sherpa guide on the summit of Mount Everest. Jordan became the youngest climber to reach the top of the 8,850-metre peak after climbing it from the Chinese side accompanied by a team that included his father, his stepmother and three Sherpa guides.

News in brief

MIDDLE EAST Israel's military announced yesterday it plans to further ease restrictions on Palestinian travel in the West Bank, delivering what appeared to be a first in a series of gestures requested by the U.S. as part of renewed peace talks. Indirect U.S.-mediated negotiations began earlier this month, with a U.S. envoy shuttling between the Israeli and Palestinian leaders. Palestinian officials say the

Obama administration has asked for Israeli confidence-building steps, including removing more West Bank checkpoints, releasing some Palestinian prisoners and allowing more goods into blockaded Gaza. An Israeli government official, speaking on condition of anonymity, said the easing of restrictions came in the context of the peace talks.

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Was Air India crash due to human error?

Human error might have caused the crash of an Air India Boeing 737-800 plane that killed 158 people over the weekend, India's civil aviation minister said yesterday.

Weather conditions and other factors at the time the plane reached its destination "looked absolutely normal for a regular touchdown and a safe landing," Civil Aviation Minister Praful Patel told the CNN-IBN television news channel.

"You can't rule out a human-error factor," he said.

Only an inquiry could establish what exactly went wrong as the aircraft overshoot the hilltop runway and crashed and plunged over a cliff and into a ravine at dawn Saturday on the outskirts of the southern Indian city of Mangalore, he said.

Of the 166 passengers and crew aboard, only eight people survived the crash.

Patel said there was no rain in the area and visibility was good at the time of the plane's landing.

Investigators and aviation



Wailing relatives of Naveen Fernandes and his wife, Saritha D'souza, who died in the Air India Express plane crash, attend their funeral yesterday in Mangalore, India.

officials searched through the wreckage of the Boeing 737-800 strewn across a hillside to try to determine the cause of India's worst air disaster in more than a decade. They recovered the cockpit voice recorder, which they hope will give them important clues, the Press Trust of India news agency reported.

A four-member U.S. forensic team also arrived in India to help in the investigation, said Harpreet Singh, an Air India spokes-

woman.

By Sunday evening, 146 of the 158 bodies had been identified and given to grieving relatives for burial, said Arvind Jadhav, Air India's chairman and managing director.

Doctors were conducting DNA tests on 22 bodies that were so badly burned that relatives could not identify them, said Suresh Babu, an official at Wenlock hospital in Mangalore. They included a two-year-old boy.

THE ASSOCIATED PRESS



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Comment

Still hanging around

Chrétien will have Parliament portrait unveiled tonight

NationalReport

Lawrence
Martin

metronews.ca/nationalreport

It's Jean Chrétien's day today. The old warrior's portrait, which is to be hung in the halls of Parliament, will be unveiled in a ceremony hosted by Prime Minister Stephen Harper tonight.

A safe bet is there will be a lot of Liberals in attendance wishing Chrétien was still around. "Ah, the good old days." That will be the phrase on everyone's lips as his three straight majority election victories are recalled.

His legacy is getting better with time, particularly on account of what has happened since he stepped down in 2003. The once proud party has staggered

ever since. Paul Martin won a minority and then was defeated. Stéphane Dion took over and the party declined further. Michael Ignatieff replaced Dion and the party's latest poll standing is at 25 per cent.

Three factors have been at the root of the Liberal decline. One was 9/11, which changed the personality of the times,

hoisting the security agenda forever to the forefront. A second was the sponsorship controversy that happened under the Chrétien watch and cost the party a dozen points in the polls. The Liberals have yet to recover from that scandal. The

third factor has been the party's inability to find a leader who can catch on.

Chrétien's words today will be parsed for advice but he has no magic formula for getting the Grits on track. His former adviser, Peter Donolo, is now chief of staff to Ignatieff. There is no doubt the former prime minister has had an opportunity to offer his counsel.

One piece of encouragement Chrétien will be able to provide is a reference to his own experience. He served as opposition leader for three years and had a terrible time almost every step of the way and won. Another sign of hope is the party's ma-

jor opponent isn't exactly setting the world on fire. Since coming to power in 2006, the Conservatives have averaged only about 35 per cent support in the polls. Try finding any other government in Canadian history with rankings that low for so long a period.

What helped Chrétien enormously was the roll of fortune. He knows well that you have to have breaks to win in this game. He got his with the complete collapse of the Tory party in 1993.

The little guy from Shawinigan, however, had qualities the succeeding Liberal leaders have lacked. He was a strong character with homespun personal appeal. He embodied good old-fashioned Canadian grit.

Stephen Harper is seen as the guy with grit now.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

Jean Chrétien



Quote of the Day

"We have always tolerated North Korea's brutality, time and again. We did so because we have always had a genuine longing for peace on the Korean peninsula. But now things are different. North Korea will pay a price corresponding to its provocative acts."

— SOUTH KOREAN PRESIDENT LEE MYUNG-BAK AFTER SOUTH KOREA WON U.S. SUPPORT YESTERDAY FOR SLASHING TRADE TO NORTH KOREA AND VOWED TO HAUL ITS COMMUNIST NEIGHBOUR BEFORE THE UN SECURITY COUNCIL FOR A TORPEDO ATTACK THAT SANK A SOUTH KOREAN WARSHIP AND KILLED 46 SAILORS.

THE ASSOCIATED PRESS

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Tuesday, May 25, 2010

16business

Nokia, Yahoo join forces

Nokia will run maps and navigation services for Yahoo on both phones and computers, the companies announced yesterday. **THE ASSOCIATED PRESS**

Airline staff on strike

5-day walkout hits flights out of Heathrow

British Airways cabin crews began a five-day strike yesterday to protest cost-cutting changes at the loss-making airline, forcing it to scrap almost half its flights out of London's Heathrow Airport.

A further two walkouts are planned by the Unite union if the long-running dispute is not resolved — an increasingly likely eventuality after weekend talks broke down in acrimony.

BA said it plans to carry 70 per cent of booked passengers over the strike period, with flight schedules at Gatwick and London City airports unaffected by the walkout.

But services at Heathrow were hit — adding to travel misery for passengers just weeks after the closure of European airspace because of the Icelandic volcanic ash cloud and a seven-day BA cabin crew strike in March.

Most of the anger from affected passengers was again directed at the striking workers, some of whom gathered on an open-top double-decker



British Airways staff demonstrate yesterday on a bus near Heathrow Airport in London as a British Airways plane prepares to land. British Airways cabin crew started a strike in a dispute over jobs and pay, cancelling hundreds of flights from Heathrow.

Record loss

- British Airways posted a record annual loss of 425 million pounds (\$611 million) Friday.

bus near Heathrow's perimeter fence, waving banners reading "Brutish Airways."

On another picket line at a nearby Underground sta-

tion, workers held placards with the message: "We had no choice."

The airline has scrambled to operate as many flights as possible — using non-striking cabin crews, staff seconded from elsewhere in the company after undergoing training, leasing aircraft complete with crew and transferring passengers to competitor airlines. **THE ASSOCIATED PRESS**

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Your Money

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

5 golden money rules for new graduates

Alison On Money

Alison Griffiths

metronews.ca/alisononmoney

Amid the euphoria of graduation — the cap tossing, the celebrations and the scramble for jobs — pause for a moment to consider your financial path.

The behaviours laid down during this next period are as critical to your future well-being as the first five years of life are to the development of young children. If you are a new grad — or have one in the family —

are some tips to help you get the most out of the earning years without becoming a slave to debt.

1. **SAVE!** It doesn't matter if you have

your savings and put half into an RRSP and half into a tax

use of a credit card for purchases like gas or groceries will create good credit kar-



ma. The key is to pay it off every

month. Look for a low or no fee card that offers loyalty

points or some other perk. The points are great for gift purchases like movie passes or extras like a barbecue.

5. **BUDGET!** It may be boring, but a budget is a blueprint for your financial life. With a new job in hand and before you start spending, lay out your monthly costs. A template is available on my site, alisongriffiths.ca.

Alison Griffiths is a financial journalist, author and host of *Mixed Out* on the W Network. Write to her at griffiths.alison@gmail.com.

Alison's Money Rule:

- New grads can start their financial lives off on the right foot with a little attention to five golden money rules.

here

student debt, a car loan and a work wardrobe to pay for, save a little something every month. It isn't the money that's important at this stage, rather the behaviour. Even \$20 is a good start.

2. **INCREASE!** Each time your salary increases, increase your saving by the same percentage. Most do it the other way round. They increase spending first and often there's nothing left over to save.

3. **CONTRIBUTE!** Take

account (TFSA). Meagre though each deposit may be, it is, again, the behaviour that is critical. Over time you build the TFSA for emergencies and the RRSP for the golden years. If you don't need it, the RRSP deduction can be carried forward to reduce taxes when the dough starts rolling in.

4. **USE AND PAY!** Regular

Market reaction to Europe crisis overblown

Sell in May and go away. If investors took this advice, they would be a lot better off today as the markets both here and in the U.S. have sold off tremendously over the last two weeks. The U.S. markets are down as much as 10 per cent (which by definition is a correction) while the Toronto stock market is off by about 6.5 per cent. Is this correction the start of a much bigger downward move? When will the selling end?

I believe this recent cor-

Investing

Allan Small

metronews.ca/investing

rection on the major North American stock exchanges has been overdone. The issues in the European region are real but I do not believe that the turmoil in Europe should have this much of an effect on the U.S. and Canadian mar-

kets. The amount of business the United States and Canada does with Europe is not large in comparison with other regions. So why this overblown reaction? Our markets in my opinion are now at oversold levels and it would not be surprising for investors to come back into this market at some point soon.

In North America, we are seeing job growth, GDP growth, housing stability (in the U.S.) and companies reporting great first-quarter earnings and also increasing their outlook for

the remainder of the year.

I think we will look back a year from now and see that this was just a correction on the way to higher markets.

Allan Small is an Investment Adviser with Dundee Securities Corporation. He can be reached at asmall@dundeesecurities.com.

Cash for gold mostly glitter?

A broken necklace, a ring from an old boyfriend and one earring without its matching pair — the ads on TV say you can sell that old gold for quick cash, just put the jewelry in a pouch, mail it off and get back a cheque within days.

But Bruce Cran of the Consumers' Association of Canada warns consumers should do their homework and get an appraisal before they consider selling scrap jewelry to one of the many buyers offering a convenient and speedy turnaround.

TV commercials and online ads offering a through-the-mail service have blossomed since the advent of the global financial crisis two years ago and high gold prices are also making it enticing for consumers to ship off their jewelry for some bucks.

Cran said he gets about a dozen questions a month about cash-for-gold offers. He noted that sometimes consumers can get cheques for less than \$100 for what they think is going to be worth thousands.

"I am surprised that so many consumers pack valuables in a little pouch and send it to a company that they don't know and probably have never had any dealings with other than seeing the advertising," he said.

Cran also said police have told him thieves find these cash-for-gold businesses quite appealing: "This is quite a common way for your friendly local burglar to get rid of his stuff anonymously."

But that doesn't mean the gold-for-cash outfits are operating shady businesses. CashForGoldCanada.com said its average payout ranges anywhere from \$200 to \$500. It has its own refiner that melts jewelry into bulk quanti-

ties and it arranges to sell the purified bullion to various buyers, said president Robert Sampson.

"The higher prices have certainly helped with raising interest in the gold market," Sampson wrote via email. "It has provided us with clients that likely would not have considered selling their items in the past."

Wolfgang Kuehn of the Canadian Institute of Gemology said it's more complicated to appraise jewelry than consumers think. Many of the tools available to measure gold content only test the surface of the jewelry, which can be challenging even for jewellers, said Kuehn.

"Why not go to your local jeweller and ask that jeweller whether he is interested or willing to buy that gold?" Kuehn said from Vancouver.

"Probably it's a better deal than sending it off, because usually you get the lowest denominator."

Consumers, however, don't always appear to have too many qualms about the practice and will send almost anything to be appraised.

"Typically, we just get old and broken jewelry ... wedding bands from a divorce," Orrico said.

"The oddest thing we have gotten is gold teeth."

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Victoria native Steve Nash has a broken nose but says he doesn't expect it to be a problem for him in Game 4 of the Western Conference finals. The Phoenix playmaker sustained the slight fracture in a fourth-quarter collision with Derek Fisher in the Suns' 118-109 victory over the Los Angeles Lakers Sunday night. **THE ASSOCIATED PRESS**

Sports



Cavaliers cut coach loose

Mike Brown won everything in five years coaching the Cleveland Cavaliers. Everything, that is, except an NBA title. Brown, left, the most successful coach in franchise history, was fired yesterday after failing to win a championship with superstar — and soon-to-be free agent — LeBron James. Brown's dismissal had been expected since the Cavs were eliminated by the Boston Celtics in the second round of the playoffs. **THE ASSOCIATED PRESS**

EDITOR: DON.MCHOULL@METRONEWS.CA

SCOREBOARD

NHL

YESTERDAY'S RESULTS
Philadelphia 4 Montreal 2 (Flyers win series 4-1)

NBA

YESTERDAY'S RESULTS
Orlando at Boston

TODAY'S GAME
L.A. Lakers at Phoenix, 9 p.m.

BASEBALL

YESTERDAY'S AL RESULTS
Chicago White Sox at Cleveland

YESTERDAY'S NL RESULTS
Pittsburgh at Cincinnati

TODAY'S AL GAMES
Chicago White Sox at Cleveland, 7:05 p.m.

Oakland at Baltimore, 7:05 p.m.

Boston at Tampa Bay, 7:10 p.m.

N.Y. Yankees at Minnesota, 8:10 p.m.

TODAY'S NL GAMES

Atlanta at Florida, 7:10 p.m.

Philadelphia at N.Y. Mets, 7:10 p.m.

Pittsburgh at Cincinnati, 7:10 p.m.

L.A. Dodgers at Chicago Cubs, 8:05 p.m.

Houston at Milwaukee, 8:10 p.m.

Arizona at Colorado, 8:40 p.m.

St. Louis at San Diego, 10:05 p.m.

Washington at San Francisco, 10:15 p.m.

MLS

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New York 9 5 4 0 9 12 15

TORONTO FC 9 4 4 1 12 13 13

Chicago 8 2 7 3 11 12 9

Kansas City 8 2 4 2 8 9 8

New England 10 2 6 2 10 15 8

Philadelphia 7 1 5 1 7 15 4

D.C. United 9 1 8 0 4 18 3

Flyers bid Canadiens adieu

(Flyers win series 4-1)

Canadiens 2 Flyers 4



Arron Asham and Jeff Carter scored in the second period as the Philadelphia Flyers advanced to the Stanley Cup final with a 4-2 victory over the Montreal Canadiens last night.

The Flyers, who squeaked into the playoffs by winning their final regular season game in a shootout, took the best-of-seven Eastern Conference final 4-1 and will face the Chicago Blackhawks for the Cup.

It will be Philadelphia's eighth trip to the final and its first since 1997. The Flyers have not won since they



Philadelphia Flyer Mike Richards scores a goal past Montreal Canadiens Marc-Andre Bergeron, Jaroslav Halak and Roman Hamrtik last night in Philadelphia. The Flyers won 4-2.

took back-to-back Cups in 1974 and 1975.

Flyers captain Mike Richards scored his first of the series while killing a penalty in the first period after Brian Gionta got one

for Montreal, which looked to have run out of steam after seven-game upset victories over Washington and Pittsburgh.

Scott Gomez added a goal in the third as the Canadi-

ens mounted a desperate charge but were unable to get the equalizer. Carter scored his second of the game into an empty net with 23 seconds left.

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Promenade Mall
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7378 Yonge St.
Vaughan
Vaughan Mills Outlet Mall
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The Memorial Cup champion Windsor Spitfires returned home to a hero's welcome and a "parade of champions" celebrated by thousands of adoring fans in the city's core yesterday. The Spitfires became the first team since the 1994-95 Kamloops Blazers to win their second straight Canadian Hockey League title Sunday. **THE CANADIAN PRESS**

Windsor welcomes Spitfires home



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Byfuglien emerging as a star

Here's how Dustin Byfuglien sees it: The puck always finds him when he is in the perfect position.

His Chicago Blackhawks teammates view it this way: Big Buff's easy to find when he's open because at six foot four and 257 pounds, he's hard to miss.

Whatever the reason, Byfuglien has emerged as a star for the young Blackhawks. He scored three game-winning goals during a sweep of San Jose in the Western Conference final that put Chicago in the Stanley Cup final for the first time since 1992.

Like a big tight end clawing his way through defenders to get open or a line-backer crushing a running

8th-round pick

Dustin Byfuglien, 25, is a Minneapolis native who was Chicago's eighth-round pick in the 2003 draft and broke in during the 2005-06 season.

back with a block in the open field, Byfuglien's physical play, deft touch and ability to clear space have given his team another element in its quest for the franchise's first NHL title since 1961.

Put him on the same line with the team's most recognizable and publicized young stars, 21-year-old Patrick Kane and 22-year-old captain Jonathan Toews,

and Byfuglien has really blossomed. He scored one goal in each game against the Sharks.

"I'm not really on any cloud right now," said Byfuglien (pronounced BUHF'-lihn). "I'm just doing work for the kids and finishing it up. I have faith in myself and I just kept going."

Byfuglien, who had a hat trick in a victory over the Canucks in the semifinals when he took

up his customary role in front of goalie Roberto Luongo, showed his versatility against the Sharks. He had the game winner in the opener with a wrist shot from the slot after Toews won a faceoff and Kane slid him the puck.

"With those two you never know what's going to happen,"

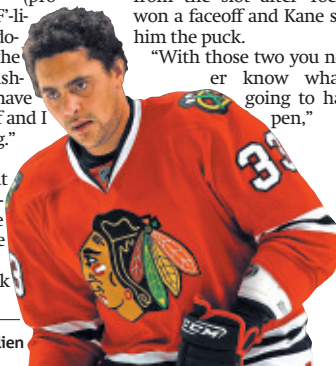
Byfuglien said.

When Game 3 against the Sharks went to overtime, Byfuglien skated to the high slot and from there another player who has played a key role in the post-season, Dave Bolland, made a pass from behind the net and Byfuglien converted. It was Kane-to-Byfuglien again in Sunday's clinching Game 4.

"Kane threw it at the net. Sure enough, there he is to bang home the game winner again. He knows how to get open, how to create space for the two of us," Toews said.

"He's been great. You know, it's not like he's getting lucky. He's working hard."

THE ASSOCIATED PRESS



Dustin Byfuglien

Sports in brief

NFL Ready for an outdoor Super Bowl in cold, possibly snowy weather? Thinking that new overtime rule adopted for playoff games should be used in the regular season, too? NFL owners will discuss those things and more today during meetings in the Dallas area.

MLB The Texas Rangers filed for Chapter 11 bankruptcy protection yesterday in hopes of spurring completion of the stalled \$575-million US sale of the team — and maybe clear the decks for new owners to make pennant-chasing decisions this summer.

MLB The Toronto Blue Jays designated Dana Eveland for assignment yesterday and recalled fellow left-hander David Purcey from triple-A Las Vegas. Eveland, who started nine games this season, was 3-4 with a 6.45 earned-run average. **METRO NEWS SERVICES**



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Federer wins opening match

Miffed by a line call in his first match as defending French Open champion, Roger Federer quickly regrouped to win the opening set two points later, then went on to beat Peter Luczak of Australia 6-4, 6-1, 6-2 yesterday. **THE CANADIAN PRESS**

sports **21**

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Cecil leads way as Jays beat Angels

Magic win in OT to force Game 5

(Celtics lead series 3-1)

Magic 96 Celtics 92 (OT)



NBA Jameer Nelson made back-to-back three-pointers in overtime, Dwight Howard had 32 points and 16 rebounds, and the Orlando Magic beat the Boston Celtics 96-92 last night to avoid a four-game sweep in the Eastern Conference finals.

No NBA team has ever come back from a 3-0 deficit.

"Got to go back to Orlando," Howard said. "Hopefully everybody back there will be ready. Have to keep the faith."

THE ASSOCIATED PRESS

MLB RESULTS

Blue Jays 6 Angels 0



Brett Cecil pitched two-hit ball into the eighth inning and Adam Lind drove in a pair of runs as the Toronto Blue Jays defeated the Los Angeles Angels 6-0 last night.

Cecil (4-2) struck out three and won his second consecutive start since allowing eight runs in two innings May 14 at Texas. He got a no-decision in that one when the Blue Jays rallied for a 16-10 vic-

Division rivals

• Kevin Youkilis and David Ortiz homered to back the strong pitching of Clay Buchholz and lead the resurgent Boston Red Sox to a 6-1 victory over the Tampa Bay Rays last night.

tory.

The Angels' only hits against the 23-year-old left-hander were a two-out single by No. 9 batter Kevin Frandsen in the third inning and a one-out single by Hideki Matsui in the eighth.

Cecil walked his next batter and was lifted after 110 pitches.

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Toronto Blue Jays' Alex Gonzalez is congratulated by teammates after scoring on a single by John Buck in the fourth inning against the Los Angeles Angels in Anaheim, Calif., yesterday.

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In a new survey of international students from China studying in Canada, 51 per cent of respondents indicate that they would like to stay in Canada after graduation, while 28 per cent plan to return to China and 14 per cent intend to go to another country. **METRO NEWS SERVICES**

Workology

Second Career changes coming?

Supporters of the Ontario government's Second Career program, designed to help laid-off workers acquire new skills, are counting on changes to the program to make it easier for applicants to qualify. It's expected the province will announce some minor changes to the program in the next month or so.

METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONWS.CA

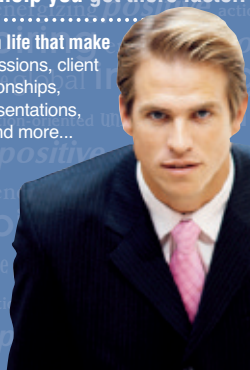
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Big money and small business mesh well in Rosedale, where trendy shopping takes on a relaxed vibe.

Home design, decorating and furnishing stores dominate the main shopping strip along Yonge Street, no surprise given the high home values in the area, yet a variety of different businesses still thrive, supported by strong local support.

Andrew Dymecki owns Belle Epoque Furnishings (1066 Yonge St.) and opened his store 16 years ago when Rosedale was less upscale and not as well-known as a



Andrew Dymecki has owned Belle Epoque in Rosedale for 16 years and says the area has become more trendy since then. At right are Boo Boo Lefty and The Rosedale Diner, two businesses in the area.

shopping destination. "The area wasn't so trendy back then. There were all kinds of shops and a different mix of retail. Now there's a lot of home design stores and it's become a really trendy strip. We're a central location," Dymecki said. While the

preponderance of home-related stores like Dymecki's make for stiff competition, Dymecki says the clientele is relatively easy to sell to because most people come to the area with a good idea of what they want.

"There's a lot of competition and you have to be on

your game but people here are well-travelled and they recognize what's good and not good," Dymecki said.

Stephen Dixon opened home furnishings store Boo Boo & Lefty Fine Living (1198 Yonge St.) and says the area holds promise.

CONT. ON NEXT PAGE>>



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Melissa Curcumelli-Rodostamo owner of The Monk's Table calls Rosedale 'very family oriented.'

<<CONT. FROM LAST PAGE

Dixon opened less than a year ago after waiting six years for a retail space to open up because despite plenty of competing stores, he feels the area still has plenty of room for people like him.

"It's the only area we wanted to open because of the strength of the retail community. I like the dynamic of what's available here and we felt we had something to bring to the area. To me this is the heart of the city, it's what Toronto means to me," Dixon said.

While home stores are king in Rosedale, the area also features some excellent food spots frequented

by a strongly local and strongly loyal population. While you might think the area could be too rich to be cool, you'd be wrong — local joints teem with unpretentious charm and friendly faces.

At the Rosedale Diner (1164 Yonge St.), opened in 1978, head waiter Cory Sweeney says despite the upscale stores in the area the overall customer vibe in the area is very laid-back, not at all what people might expect of a high-income neighbourhood. He estimates more than 70 per cent of the daily clientele are locals and regulars, proof that day-trippers aren't the only ones shop-

ping the strip.

"A lot of people might think everyone here is snooty, but it's quite the opposite. We get all shapes and colours here and there's a very diverse vibe," Sweeney said.

Melissa Curcumelli-Rodostamo owns neighbourhood pub The Monk's Table (1276 Yonge St.) and agrees that the vibe among customers is relaxed and down-to-earth.

"It's a very family oriented place here, very local and there's a strong sense of community here. People are friendly and there's a fantastic atmosphere — it's not uptight at all," Curcumelli-Rodostamo said.

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BookReview

Start With Why

Author: Simon Sinek

Publisher: Portfolio

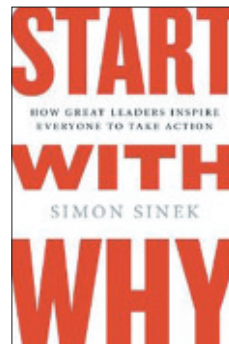
Price: \$31.00

If you have ever listened to an inspiring speaker and found yourself drawn to what he or she has to say, chances are its not what they're talking about ... but rather why they're is talking about it.

Simon Sinek, author of Start With Why, discusses how leaders that are most effective achieve results because there is more meaning behind their message. To make more money or become more powerful are often things that leaders might aspire to achieve, but at the end of the day, that is not what motivates the consumer to buy or the citizen to vote. The leader needs to start with why.

Sinek states that we can all learn to lead, "However, if we're starting with the wrong questions, if we don't understand the cause, then even the right answers will steer us wrong ... eventually." Sinek cites an example of how the Wright Brothers achieved the first flight before Samuel Pierpont Langley, a highly connected, influential and financed officer of the Smithsonian Institute. Although they shared the same goal at the exact same time, only "the Wright brothers were able to inspire those around them and truly lead their team to develop a technology that would change the world." They started with "why?"

The question "why?" is the fulcrum for almost every company success story. The example of Apple was that Steve Wozniak (later joined by Steve Jobs) wanted to level the playing field for the average person by creating the person-



al computer. Starting with the Apple I followed by the Apple II, the co founders started the personal computing revolution that gave the individual the ability to compete.

Why read this book? Its designed as a guide for the upcoming leader and gives a smart look at political and business successes, that's why.

Craig Lund, a director with the staffing firm Marketers on Demand, can be reached at craig.lund@marketersondemand.com

Loyalty Can Be Costly

Shopping Around Still The Key To Saving On Car Insurance

How Much Is Your Loyalty Discount Really Worth?

If you're like most consumers, you worry that switching insurance companies means losing your "loyalty discount". The truth is that switching insurance companies may cause you to lose your loyalty discount (if you had one in the first place), but that doesn't necessarily mean you'll pay more for car insurance or that you can't save a bundle in the end. The fact is, some insurance companies may provide a small discount on your premium if you've been with them for a long time – but that small discount can quickly become irrelevant if another company has a rate for you that is significantly less than what you're currently paying. After all, what good is 5% off of an annual rate of \$1,500 (a \$75 savings) if you could pay \$1,100 (a \$400 savings) with another company?

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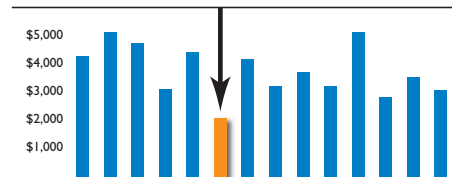
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Canada's score on CCL lifelong learning index stalls

According to the Canadian Council on Learning's Composite Learning Index, the national average in Canada for 2010 is 75, unchanged from last year. Victoria is the top performing city with a score of 95, followed by Saskatoon (90), Calgary (88), Ottawa (87), and Regina (84). **METRO NEWS SERVICES**

workology25

Putting pencils in your hand

RAFAEL BRUSILOV
for Metro Canada



Most entrepreneurs are at least old enough to drive but 13-year-old Divya Shah is proof helping people has no age requirement.

The Grade 8 student from Markham recently started her own local chapter of Pencils For Kids (P4K), a charity that focuses on putting learning materials, especially pencils, into the hands of fledgling students in the West African country of Niger.

Divya has volunteered before at Toronto camps for preschoolers but decided to take the next step after hearing about the terrible lack of resources young students in Niger faced, often sharing a single pencil between 30 of their classmates.

"I've always wanted to



Divya Shah, right, with Pencils For Kids co-founder Robin Mednick.

help people, I just didn't know how. When I found out that 30 kids shared one pencil in Niger, I looked at Pencils For Kids and thought, 'This is something unique, I really want to be a part of this,'" Divya said.

Within days of getting involved, Divya contacted recycled paper product company Ecojot and convinced them to donate \$15,000 worth of notebooks and 45

kg of paper to students in Niger as well as tie P4K into the company's own campaign to donate one notebook to kids in need for each journal and sketchbook it sells. For her efforts, Markham mayor Frank Scarpitti gave Divya the Mayor's Youth Award on May 2.

A passionate student, Divya wants to ensure other kids have the same oppor-

Want to help?

• If you want to help Divya raise money for Pencils For Kids they can either go to canadahelps.org/gp/7508 or pencilsforkids.com.

tunities to learn and succeed that she does.

"Education is a priority for me — it determines your whole life and with it you are able to achieve so many things. Many children don't have the gift of education so Pencils For Kids reaches out to those kids and I wanted to help however I could," Divya said.

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Two Canadians have made it into the semi-finals of Pantene's North American search for the first reality hair star. Rachel Guest (left), 19, from Oakville, Andrea Warner (right), 32, from Vancouver, B.C., will star in an ad tonight during the season finale of The Biggest Loser. **METRO NEWS SERVICES**

Health & Beauty

EDITOR: EMMA.YARDLEY@METRONWS.CA

The trials of twosome travelling

A tandem trip can test even the most solid couple's level of togetherness and tolerance

The J Spot

Josey Vogels

metronews.ca/thejspot

Traveling with a significant other can be very revealing. A guy I went out with in my early 20s showed his true nature when, on our return flight from a week in Jamaica, I reached over to grab his leg on the plane and felt something lumpy under his pants.

No, not that.

He had decided to strap a bunch of drugs to his legs and neglected to tell me. Customs was a riot, I tell ya.

Taking a relationship on the road not only lets you know whether your date's a criminal, spending day and night together challenges your ability to put up with each other's moods, and reveals just how long you can circle an area late at night looking for a hotel room before one of you snaps.

If it's road trip, you get to play the "Which Way Do I Turn?" game. Always good for a fight.

You're inches away from the intersection, there's an

"If your idea of a vacation is paddling your way to an island in the middle of a lake and setting up camp and his is five-star hotels, it might be a problem."

18-wheeler on your rear end and he's screamin', "Which way do I turn?!" Which way do I turn?!" and you're frantically searching for too-small-to-be-on-the-map corners on your 1954 map for a road that doesn't exist anymore.

Then you discover just how long you can go without speaking to each other once you finally haul yourselves out of the ditch.

It's easy to understand why people enjoy traveling alone. When you're traveling alone and you get lost you can simply admit it instead of driving in circles with him repeatedly saying: "I'm sure it's just around the next corner, I remember from when my family came here when I was six weeks old."

There are lots of wonderful things about traveling with a partner. Discovering you travel well together can really solidify a relationship.



Are we having fun yet? A trip with your partner can turn from hell-a-fun to just plain hellish in the blink of an irritated eye.

tionship.

It helps if you like the same things. If your idea of a vacation is paddling your way to an island in the middle of a lake and setting up camp and his is five-star hotels, it might be a problem.

For their first trip together, a friend of mine dragged her devoted city boy camping. She said it was like camping with Felix Unger, you know, the anal half of the Odd Couple?

Sure, use the last of the drinking water to wash your hands for the 14th time in 10 minutes. Though the benefit is that the Felix Unger types come up with ideas like softening your hard-earth bed with leaves, she laughs.

Ultimately, it's not the where, when, and how of traveling together that are important, but your ability to go with each other's flow.

Though, you might want to get yourself a fully updated GPS before you go, just in case.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com and follow her at twitter.com/joseyvogels



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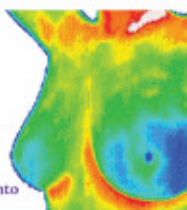
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Lighting up vitamin D

CELIA MILNE
for Metro Canada



Two-thirds of us are still low in vitamin D. Although the sun is a great source of this needed nutrient, it may be tough to get enough vitamin D consistently and safely from its rays.

That's why most experts recommend taking vitamin D supplements and eating foods high in the sunshine vitamin.

"As we accumulate more evidence that vitamin D is needed for normal biological functions, we're thinking supplementation is a good idea for most Canadians," says Dr. David Hanley, a professor of medicine in endocrinology and metabolism at the University of Calgary and an expert on vitamin D and bone health.

Vitamin D deficiency is associated with rickets and osteoporosis, as well as bone fractures. It's also possibly linked with certain cancers (non-Hodgkin's lymphoma, leukemia and breast cancer), as well as multiple sclerosis, schizophrenia and type 1 diabetes. Having sufficient vitamin D is thought to boost the developing brain and immune system.

There's been a lot of confusion lately about vitamin D. Most people have heard that they should be taking more of the vitamin and have started supplement-



Sunshine is one way to get bone-building vitamin D but exposure to the sun for long periods of time ups the risk of skin cancer. Supplements and vitamin D-rich foods are another way to go but how much is enough?

ing. In fact, sales of vitamin D supplements are rising by 50 per cent a year, reports the CBC.

But headlines around the country recently proclaimed that only a small fraction of Canadians (10 per cent) are deficient in vitamin D. So if people aren't deficient, why are they buying so many supplements?

It turns out that the 10 per cent number was based on obsolete guidelines. Statistics Canada sampled blood from 5,306 Canadians. The amount of vitamin D in a person's blood is measured in nanomoles per litre (nmol/L). In the old guidelines, having less than 27.5 nmol/L was considered a deficiency. These days, an amount that low is considered a severe deficiency — serious enough to cause

rickets — and recent research shows we should all be aiming for vitamin D status much higher than that.

"Most of us in North America believe we start seeing health benefits around the level of 75 nmol/L," says Hanley.

When you use 75 nmol/L as the cutoff, it's more like two-thirds or more of the population that is deficient.

"It was confusing," Hanley says of the study.

"They used a cutoff for defining inadequate vitamin D that most people consider outdated."

The Institute of Medicine, which last issued dietary guidelines for Canada and the U.S. in 1997, is set to issue new ones later this year, which will reflect the explosion of new research in the area.

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Getting that D into your day

CELIA MILNE
for Metro Canada



If two-thirds of us are deficient in vitamin D, what should we be doing differently? There are three sources of this vitamin: the sun, food and supplements.

SUPPLEMENTS: "Until new guidelines are released this fall, I like to use the Canadian Cancer Society recommendation of 1,000 I.U. per day for adults," says Dr. Susan Whiting, professor of nutrition and dietetics at the University of Saskatchewan in Saskatoon.

This is the amount often recommended in winter, but it's realistic all year round, says Whiting, since many people don't get much sun exposure in the summer either. Most mul-

tivitamins only contain 400 I.U. per tablet.

SUN: There is much debate in scientific circles about how much sun is safe. Exposure to the sun can increase risk of skin cancer and aging skin.

Dr. Cedric Garland, a prominent vitamin D researcher at the University of California at San Diego, suggests that people with fair skin go out in the mid-day sun for between five and 15 minutes a day without sunscreen to absorb vitamin D.

Dark-skinned people should expose themselves to sun for twice this long, he says.

FOOD: Check out the list below created by the Canadian Council of Food and Nutrition and see if you're eating enough foods with high levels of vitamin D.

D is for vitamin D-rich diet

- Cod liver oil, 1 tbsp = 1,360 amount of vitamin D (in I.U.)
- Salmon, 75 g = 204-678 I.U.
- Canned fish (tuna, sardines, salmon), 75 g = 60-585 I.U.
- Fortified cow's milk, 250 ml = 88 I.U.
- Fortified plant beverages (soy, rice, orange juice,) 250 ml = 80 I.U.
- Yogurt with fortified cow's milk, 100 g = 25 I.U.
- Margarine, 1 tsp = 25 I.U.
- Egg yolk, 1 = 25 I.U.
- Yogurt with fortified cow's milk, 100 g = 25 I.U.
- Beef, 75 g cooked = 18 I.U.



CELIA MILNE/
FOR METRO CANADA

Wear It Pink Day set for Thursday

PUT ON YOUR PINKS This Thursday, pull out your pink pumps and cherry-coloured clothes and wear them for national Wear It Pink Day to help raise awareness for the one-in-seven women who will be diagnosed with breast or gynecologic cancer.



Lancôme's Juicy Tubes go natural

20 JUICY TUBES ARE SOLD EVERY MINUTE To celebrate its tenth birthday, Juicy Tubes has launched 100% Natural Origin, using a natural formula and tube graphics by Japanese artist Yayoi Kusama. Find them at Lancôme counters for \$22 each.



Benefit Brow Bar opens at Yorkdale

BROW-TASTIC It's the one facial feature that gets ignored all too often. But these bushy beauties have the power to make or break a look. So give them a little love this Thursday when Benefit Brow Bar celebrates their opening at Holt Renfrew at Yorkdale Mall. They're offering a free brow consultation and service between noon and 7 p.m.

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Food



Which drink is mine?

During social gatherings like outdoor barbecues the common dilemma of "which drink is mine?" often arises. To avoid this problem as well as add a fun "identity" to your bottle, cup or can, a new customizable drink marker called Drinkmarx can help. Available as a set of four (for \$9.95), these plastic drink cuffs come in pink, brown, green and blue and can be personalized using the 120 decals provided. To purchase, visit drinkmarx.com. **METRO NEWS SERVICES**

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Personal Gourmet recipe of the month

ROSE REISMAN

Summer sandwiches



Italian Grilled Chicken Sandwiches with Pesto-Cheese Sauce.

Wraps and sandwiches are the perfect food for this time of year.

They are easy to prepare and take only minutes. Serve with a great salad to start and you have a fantastic nutritious meal.

Italian Grilled Chicken Sandwiches with Pesto-Cheese Sauce

PREP TIME: 20 MINUTES
COOK TIME: 5 MINUTES

I save calories in this sandwich by removing the interior from the loaf of bread and leaving the crust intact. The filling of chicken with vegetables, pesto-cheese sauce and shredded lettuce makes this a unique

and delicious sandwich.

SERVES 6

INGREDIENTS:

- 2 Tbsp pesto
- 2 Tbsp light mayonnaise
- 1/3 cup light ricotta (5%)
- 3 Tbsp light cream cheese, softened
- 1/3 cup crumbled goat cheese (about 1 1/2 oz)
- 1 whole Italian round loaf of bread (about 1 1/4 lb; about 12 inches across)
- 8 oz skinless boneless chicken breasts (about 2 breasts), pounded flat
- 1 roasted red pepper, thinly sliced
- 2 cups shredded romaine lettuce
- 2 medium plum tomatoes, sliced & seeded

- 1/3 cup diced red onion
- 1/3 cup chopped black olives
- pinch of salt and pepper

METHOD:

1. To make the pesto-cheese sauce, combine the pesto, mayonnaise, ricotta, cream cheese and goat cheese in a food processor and purée until smooth.
2. Cut the loaf of bread in half horizontally and pull out as much of the bread as possible, leaving only the crust.
3. In a nonstick grill pan or skillet lightly coated

About Rose



Rose Reisman is an author, media personality, nutritionist, and the inspiration behind a fresh food delivery service, Personal Gourmet, and new website, The Art of Living Well. Visit rosereisman.com and personalgourmet.ca

with cooking spray, cook the chicken breast just until no longer pink, about 5 minutes. Cool, then slice thinly.

4. Spread the pesto-cheese sauce over both the bottom and the top half of the loaf. Layer the bottom half with the chicken, roasted red pepper strips, lettuce, tomatoes, onion, olives, salt and pepper. Top with the top half of the loaf and cut into 6 sandwiches.

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The next big thing

LiquidAssets

Peter Rockwell


metronews.ca/liquidassets

In the booze business what goes around comes around. That means no matter how cool, innovative or tasty: What's here today will be out tomorrow and then it will get back in line to wait its turn to become the next big thing again.

Take "fruit bomb" wines: Those big-boned, berry-luscious reds that made Australia and California famous

thanks to their stand-alone flavours that often work better as a cocktail than they do a dinner companion.

Thanks to the popularity of Argentinean vino; more balanced reds (with Old World-style leanings) have been beating the bombs to the glass of late. Fans of palate-coating wines need not worry. While many wineries have toned down the explosive berry blast, there's still plenty of chewy juice out there.

California merlot is a perfect example, with **J. Lohr Estates' 2007 Los Osos Paso Robles Merlot** (\$19.95 - \$23.29) serving up a lip-smacking burst of black currant and jammy cherry thanks to an injection of malbec, petit verdot and cabernet sauvignon into the blend.

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There's still no word on who will replace Simon Cowell on American Idol, but it definitely won't be Elton John. The singer reportedly turned down an offer of \$33 million US to take over as judge for the series, according to Access Hollywood. **METRO WORLD NEWS**

Entertainment

Got to Dance

Paula Abdul will return to prime time — and a judges' table — as a part of a new dancing competition called *Got to Dance* on CBS, according to The Hollywood Reporter.

TVGUIDE.COM

EDITOR: DEAN.LISK@METRONEWS.CA



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Shad gets Fresh start

Kenyan-born hip-hop artist helps define Canadian rap

TheAudioFiles

Bryan Borzykowski

metronews.ca/music

If this were a column about the best YouTube music videos, Shad's spot for The Old Prince Lives at Home would probably top the list. The video is almost a scene for scene copy of the opening to the '90s sit-com The Fresh Prince of Bel Air, except the Toronto hip-hop artist's song is playing instead of Will Smith's famous rap.

It's an incredible recreation. Shad nails all of Smith's mannerisms and the twist ending is hilarious. The video got a lot of people talking about the rapper and got me excited about how he would treat the songs on his new album, TSOL, which is out today and is the followup to his Polaris nominated sophomore effort The Old Prince.

So, I was a little disappointed to discover it wasn't Shad who came up with the Fresh Prince concept. "I just showed up," he says about the video. "The directors threw the idea at me."

"I want to make an animated video so I don't have to do anything." While I'd like to see another humorous video from Shad, I can let it go. It's obvious that the Kenyan-born, London-Ont.-raised rapper put all his creative energy into this new record.

The disc starts off — af-



TSOL is the followup to The Old Prince, which earned Shad a nomination for the Polaris Music Prize.

ter a two-minute intro — with an incredibly infectious soul track based around Rose Garden, a Lynn Anderson country tune. That alone would have been enough, but Shad's blistering raps and occasional oddball lyrics ("When Abraham went to slash Isaac in a sense he baptized him") turn this into yet another Canadian rap record that this country's music industry would be wise to export.

While some of the songs' topics may seem unusual — listen is all about, well, listening — he's not afraid to tackle some of rap's more sensitive issues, like

the lack of women in hip hop.

On Keep Shining he sings, "I've been known to talk about women on a track or two ... I can't talk for women ... we need women for that, more women in rap."

"Rap is still a very guy to guy conversation," he says, explaining where the song came from. "We're leaving people out of the conversation. We need to open it up more."

Another thought-provoking tune is the what's-the-meaning-of-life track A Good Name. In it Shad explores the roots of his name and in the process touches on some existen-

tial issues about life and personal history. "That's a lot of where hip-hop is," he says. "It's about where you come from and taking pride."

The disc could easily thrust the talented MC into the same stratosphere as K'naan or K-os. And while American hip hop is still the place most people look to for their raps, Shad jokes that soon enough his Canadian cohorts will be the dominant ones. "I just have to sit down with my co-conspirators and figure out how we're going to make our move."

Bryan Borzykowski is a business and entertainment writer. Follow Metro Music on Twitter @TheMetroMusic

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Back to Carlawood

Canadian comedian ups drama in new season

IAN JOHNSTON
for Metro Canada

One year-plus into their marriage, Carla Collins and Tyrone Power Junior are still together and still making their confessional documentary series Carlawood.

Which may be a bit of a surprise to some viewers. I mean — what does a boisterous comic gal from Sault St. Marie, Ont., have in common with the quiet, low key offspring of a Hollywood legend?

"He's from this crazy Hollywood family and just rolls with everything I do," says Collins, who kicks off her second season of Carlawood on Monday.

"The fact we're different is probably why he married me. We got different energies. Like Desi and Lucy."

Maybe so. As evidenced by Carlawood, they do have chemistry — when they find the time to be together. Truth is, Collins' efforts to make a splash as a green-card-wielding actress and charity fundraiser often take her away from home and husband. Even Collins' first love — stand-up comedy — has taken a back seat in recent years.



Carla Collins returns with another season of Carlawood.

Season 2 of Carlawood premieres Monday night on TVTropolis

But not anymore. "Yuk Yuk's" Mark Breslin said to me that you can't just do comedy every six months. You got to go up every week," says Collins.

"So I started going up on stage at these improv clubs in L.A. It's been great fun."

Not that Collins' has been totally shying away from the funny. She just finished an autobiographical self-help book — Angels, Vampires and Douche Bags — which is chock full of odd, personal stories and advice.

"It's very confessional. And funny. It was great fun to write. And I've got some great reviews in the Ameri-

can press, which is a first."

The writing of her book is just one bit of drama from this season of Carlawood. One darker storyline involves the death of a family pet. It was one of the few moments that Carla wondered whether to let the cameras roll.

"This is a show about entertainment. So I thought about not putting it on camera but in the end we just let the cameras roll," says Collins, who doesn't like to display certain aspects of her personal life.

"I'm very protective of my family on the show. Though I do have my ex-husband on this year."

Sistering with Carla

Comedian Carla Collins says there are two things she can't say no to. "Ladies and animals. They're my two charities. You have a fundraiser for either, and I'm there," says Collins, who is one of the headliners at the 7th annual Funny Girls and Dynamic Divas cabaret tomorrow night.

The show — held at Toronto's Jane Mallett Theatre — is a fundraiser for Sistering, a women's agency serving homeless, marginalized and low income women in Toronto. For more information on Funny Girls and Dynamic Divas, check out the Sistering web site at sistering.org.

HollywoodRant

Steve Gow

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DVD picks



The Road

Director: **John Hillcoat**

EVEN WHEN HOPE has been exhausted, there is always love. This is what sustains us in watching the struggles of a father and son in John Hillcoat's bleakly inspiring adaptation of Cormac McCarthy's apocalyptic novel *The Road*.

Viggo Mortensen and Kodi Smit-McPhee are that unnamed father and son, and we have no real reason to expect a positive outcome for them. The world has been nearly shorn of life by an unnamed but likely man-caused calamity.

Yet we marvel at the bond between parent and child and their determination to keep "carrying the fire" for as long as they can.

The Road is a horror movie — cannibalism has replaced civilization — but it's an uncommonly smart and deep one. There's an Old Testament directness to McCarthy's prose, which screenwriter Joe Penhall has faithfully adapted.

A prologue with Charlize

Theron as the practical wife sets up the them-or-us scenario: either you choose suicide or you choose to be raped and then eaten by the cannibal gangs that roam the darkness.

She made her choice. The father and son are now making theirs, which involves heading south to escape the constant cold and possibly to find signs of restoration.

A movie this austere, like a stage play by Samuel Beckett or Thornton Wilder, demands much of its actors. American journeyman Mortensen and Australian newcomer Smit-McPhee are more than up to the task, delivering stellar performances as flawed yet redeemable humans.

Extras include a commentary by Hillcoat, deleted scenes and a making-of featurette.

Extraordinary Measures

Director: **Tom Vaughan**

A TITLE CARD advises us that this medical drama, efficiently directed by Tom Vaughan (*Starter For Ten*), is "inspired by true events." That's Hollywood code for factual liberties that have been taken.

For example, Harrison Ford's irascible scientist character, Dr. Robert Stonehill, is based on several irascible scientists. And the real family seeking a medical miracle, headed by determined businessman John Crowley (Brendan Fraser),



lives in New Jersey rather than the picturesque Oregon seen in the film.

The movie actually works better as an instructional video on the flaws of the American medical system than it does as melodrama.

Crowley is a corporate star with a flair for salesmanship. He's happily married to Aileen (Keri Russell). The couple have three children, the two youngest of which have pompe disease, a rare and aggressive form of muscular dystrophy.

Crowley learns that Nebraska research scientist Dr. Stonehill has made a breakthrough with enzyme treatments that might prolong the lives of pompe sufferers. He didn't reckon on Stonehill's eccentricities, or the heartless bureaucracy of corporate health care.

The movie is right in tune with U.S. President Barack Obama's efforts to extend medicare benefits to millions of Americans.

Extras include deleted scenes and two featurettes.

Peter Howell/for Metro Canada

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Bret Michaels made it to the finish line of *The Celebrity Apprentice* despite life-threatening illness and was rewarded with victory and \$250,000 US for charity. "You've done an amazing job in every single way," Donald Trump told him. **THE ASSOCIATED PRESS**

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From Battlestar to the Louisiana bayou to ...

IAN JOHNSTON
for Metro Canada

Actress Michelle Forbes says she would love to reprise her role as the sinister maenad Maryann in the third season of *True Blood*. There's just one problem.

"Don't know how you come back with a big hole in your chest and no heart," laughs Forbes, while in Canada to promote the DVD release of *True Blood*'s second season. "I know it's *True Blood* and all. But I think Maryann has gone to maenad heaven."

Not that it wasn't a good run. Forbes says she loved every minute of working on the Emmy-winning south-



Michelle Forbes

ern vampire series.

"It was awesome. You never knew where the story was going," she says. "Episode to episode, the show went from being an old fashioned love story, to classic horror, to a farcical comedy."

Though she's out of the TV vampire business, Forbes isn't hurting for work. Still best known as Ensign Ro from *Star Trek: The Next Generation*, Forbes remains one of the busiest actresses in the business.

Her credits over the last two decades include regular roles on *Homicide*, *24*, *Battlestar Galactica*, and *In Treatment*. Add to that guest appearances on everything from *Seinfeld* to *Lost*, and keeping them straight can get tricky at times.

"Lost? I have no f**king idea how I got that. I was in Germany and had to fly to Hawaii through England. It was like four times zones."

Though she has no "cun-

ning career plan", Forbes admits she often gets cast as no-nonsense authority figures.

Still, it's unlikely she'll ever get a role quite like *True Blood*'s Maryann — whose farewell scene remains memorable ... to say the least.

"I've died so many times on screen, it's ridiculous," she laughs. "I've had my throat slit. I've been shot in the head. But nothing beats having a love scene with a bull then having someone shove their hand in your chest and pull out your heart."

True Blood, The Complete Second Season, will be released on DVD and Blu-Ray today.

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Thai film takes top honour at Cannes

The hypnotic Thai film *Uncle Boonmee Who Can Recall His Past Lives* won the top honour at the Cannes Film Festival on Sunday, while Academy Award winners Juliette Binoche and Javier Bardem earned acting honours. **THE ASSOCIATED PRESS**

Murphy's husband dead

The husband of Brittany Murphy was found dead at his Los Angeles home late Sunday, five months after the Hollywood actress died, police said. Simon Monjack was 39.

The preliminary cause of the death of the British screenwriter is natural causes, police spokesman Sgt. Louie Lozano told The Associated Press.

"We concluded there no signs of foul play or any criminal activity involved," said Sgt. Alex Ortiz, another police spokesman.

Firefighters responding to an emergency call from a woman at 9:40 p.m. found Monjack dead at the Holly-



Simon Monjack, right, pictured with his late wife — actress Brittany Murphy — was found dead in his Los Angeles home Sunday.

wood Hills residence, police spokesman Sgt. Louie Lozano said. Ortiz said he didn't know who called. Monjack and Murphy had shared their home with Murphy's mother, Sharon.

Ortiz said that the Los Angeles Coroner's Office was taking over the investigation because criminal activity had been ruled out, and would provide more details later on the death and cir-

cumstances surrounding it.

At his wife's funeral in December, a visibly emotional Monjack talked about their relationship and called her his best friend and soul mate. The two married in 2007.

He had said that they had been planning a family and contemplating a move to New York.

Murphy, best known for roles in *Clueless*, *Girl Interrupted*, and *8 Mile* in 2002, died Dec. 20, at age 32 after collapsing in her home. The Los Angeles County coroner's office concluded Murphy's death was accidental, but likely preventable.

THE ASSOCIATED PRESS

Entertainment in brief

TV American Idol finalist Crystal Bowersox has had one constant by her side to make sense of the world. She calls her guitar her comfort blanket. The 24-year-old singer first started playing after finding her mom's

six-string while snooping for Christmas presents at age 10. It's been with her in smoky dive bars in her hometown near Toledo, Ohio and when she was playing in Chicago's subway stations. **THE ASSOCIATED PRESS**



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NEED SOME WATERCOOLER TALK?

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Good news, Glee: Fox already has ordered a third season of Glee, TVGuide.com has confirmed. The freshman series has averaged 9.4 million total viewers. **TVGUIDE.COM**

TV Babies!

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Family Channel's *Baxter* sees the funny side of life in an arts high school, where everybody has a dream to follow.

Musical high school

Look up, gleeks: the Northern Stars are set to shine.

Baxter is a new Canadian comedy series that, like the U.S. prime-time hit *Glee* and its 1980s precu-

ror, *Fame*, features singing and dancing in a high-school setting (in this case it's Northern Star School of the Arts).

Baxter, however, is aimed at a younger demographic (it premiered on Family Channel yesterday, and moves to a weekend-morning time slot starting Saturday). And unlike *Glee*, it features original tunes, not covers.

Still, the two series share a similar message, say the young cast members.

"When you're in high school, against all odds trying to put yourself out there and trying to find yourself, you have to rely on your friends," Calgary-raised Evan Williams, who plays zany actor Baxter McNab on the show, said in a recent on-set interview.

"It's all about hope, it's all about the future."

And for the stars, it's been all about hard work.

Most of the cast members had to go through an intense audition process over two years ago to make it into the pilot.

"I auditioned about three times for the pilot," recalled Toronto native Holly Deveaux, who plays Baxter's best friend, Emma, and was in the 2009 film *Victoria Day*. "It was so awesome because it's the first thing that I ever got to do professionally."

The cast even got to choreograph some moves at the National Ballet of Canada and film scenes with principal dancer Greta Hodgkinson, who guest stars in the premiere along with soul singer Divine Brown.

THE CANADIAN PRESS

critics'corner

NCIS: Los Angeles

Callen (Chris O'Donnell) tries to find a woman with information about his past — and, indeed, his identity — as well as a forgotten fortune that is earmarked to fund a new war in the Middle East before a ruthless adversary gets to her. LL Cool J and Linda Hunt also star in the first season finale. 9 PM on CBS



Glee

Everybody go Gaga now! In this new episode, Will (Matthew Morrison) wants his charges to use the music of Lady Gaga as their springboard for self-expression. Meanwhile, Rachel (Lea Michele) has an encounter that could change her life, and Tina (Jenna Ushkowitz) experiments with a new look. Broadway stars Idina Menzel ("Wicked") and Jonathan Groff ("Spring Awakening") guest star in "Theatricality." 9 PM on GTV, FOX

	Vu	SD	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
525/10	265	353	2	TVO	Parks	Recreat. Eden	The Agenda With Steve Palkin	The Jury (Part 3 of 6)		100 Greatest Discoveries	Agenda-Palkin	
	211	331	3	GTV	Entertainment	ET Canada	NCIS "Rule Fifty-One"	Glee "Theatricality" (N)		The Good Wife (N)	News Hour	
	215	343	4	OMNI	Two/Half Men	The Office	Omni News: Italian Edition (N)	Vivere V	Omni News:	Law & Order: Criminal Intent	Metropia	
	210	302	6	CBC	To Be Announced			NHL Hockey Chicago Blackhawks at San Jose Sharks. (HDTV) (Live)				
	214	344	7	CITY	Law & Order: SVU		The Biggest Loser One contestant wins the grand prize.			Parenthood (N)	News	
	212	313	8	CTV	etalk	Access H.	American Idol	Dancing With the Stars The winner is revealed.			CTV News	
	218	345	11	CHCH	I Was a Rat (2001, Fantasy) Tom Conti, Brenda Fricker.			The Hard Way ** (1991, Comedy-Drama) Michael J. Fox.			News at 11 (N)	
	-	-	14	-	Family Guy	The Simpsons	Omni News: S. Asian Edition	Omni News: Cantonese Edition	Two/Half Men	King	Cold Case	
	213	326	15	SUN	Old Christine	The Insider (N)	Last Bride	Positive Living	Forensic Factor	The Insider	Dream Car	Becker
	-	387	16	CBS	Inside Edition	Access H.	NCIS "Rule Fifty-One"	NCIS: Los Angeles (N)	The Good Wife (N)		News 4 at 11	
news	-	385	17	NBC	Entertainment	The Insider (N)	The Biggest Loser One contestant wins the grand prize.			Parenthood (N)	News	
	-	386	18	ABC	Wheel Fortune	Jeopardy! (N)	Dancing With the Stars				News	
	219	346	20	ACH-B	Degrassi: TNG	TMZ (N)	Dancing With the Stars	Anaconda * (1997, Suspense) Jennifer Lopez, Ice Cube.			A News	
	-	-	28	FOX	Judge Judy (N)	Two/Half Men	American Idol	Glee "Theatricality" (N)	Seinfeld	Two/Half Men	The Simpsons	
	-	388	61	PBS	PBS NewsHour	Foot in Grave	NOVA (HDTV) (DVS)	Britography (DVS)	Britography (DVS)		Business Rpt.	
	297	652	330	WPX	Two/Half Men	Family Guy	Life Unexpected (HDTV)	90210 (HDTV)	PIX News at Ten (N)		Two/Half Men	
	298	653	332	TLA	The Tyra Show (N)		According-Jim	Family Guy	70s Show	Frasier	Frasier	The Office
	502	690	26	NW	The Lang & O'Leary Exchange	Connecting with Mark Kelley	Law & Order: SVU	CTLA News	CTLA News	Two/Half Men	Two/Half Men	Life Unexp.
	500	500	33	CNN	John King, USA (N)		Campbell Brown (N)	CBC News: The National	CBC News: The National			National
	509	504	79	CNB	Kudlow Report (N)		Biography on CNBC	Larry King Live (N)	Anderson Cooper 360 (HDTV) (N)		Mad Money	
family sports	405	417	22	net	UFC Primetime	UFC Primetime	MMA Conn	The Ultimate Fighter	Sportsnet Con.	MLB Baseball: Blue Jays at Angels		
	400	400	30	TSN	That's Hockey! Playoff Edition		North American Poker Tour	NBA Basketball	Los Angeles Lakers at Phoenix Suns. (HDTV) (Live)			
	411	457	58	OLN	Ghost Hunters		Destination Truth	Operate-Repo	Operate-Repo	Ghost Hunters	Destin. Truth	
	417	406	81	SC	NASCAR	NASCAR Hub	Race in 60 (HDTV) (N)	Monster Jam (HDTV) (N)		Dangerous Drives (HDTV)	Pass Time	
	551	542	25	YTV	That's-Weird	Family Biz	Malcolm-Mid.	Hates Chris	8 Simple Rules	Family Biz	Prank Patrol	
	554	544	45	TEL	Johnny Test	Total Drama	Total Drama	6TEEN	Futurama	American Dad	Futurama	Robot Chicken
	556	540	51	FAM	Sonny-Chance	Suite Life	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Cory in House
	602	567	27	W	Supernanny		Sex and-City	Beauty	Beauty Call	Style by Jury	Circle of Friends (2006, Suspense) Julie Benz.	
	570	580	29	MM	Styl'd		Styl'd		When I Was 17	When I Was 17	Degrassi: Next	Video on Trial
	615	520	31	A&E	The First 48 "Silenced"		Criminal Minds (HDTV)		Criminal Minds (HDTV)		Criminal Minds (HDTV)	CSI: Miami
cable variety	700	800	35	TLN	Centovetrine	Sky TG 24	Distretto di Polizia		David Rocco	Caritas	George Lopez	Lopez Tonight
	571	581	36	MMM	The Daily Fix		Ranked!		mmtop10.ca	Hammer	Gimme Sugar	The O.C.
	575	583	38	CMT	Amer. Funniest Home Videos		Reba	Reba	According-Jim	Home Improve.	Home Improve.	Meet-Wilsons
	616	521	39	SHO	Relic Hunter		The Party Never Stops (2007, Drama) Sara Paxton.		Californication	Secret Diary		NCIS
	620	523	40	BVO	Live at the Rehearsal Hall		Symphonic Landscapes Kent Nagano.		Spectacle: Elvis		Law & Order	
	601	562	41	SLC	Rich Bride Poor Bride		Party Mamas	Party Mamas	Party Mamas	Wedding SOS	Wedding SOS	ET Canada
	522	506	43	HIS	Aftermath (HDTV)		Cities of the Underworld		Pawn Stars	Pawn Stars	Nostradamus Effect	Storm Planets
	625	548	44	COM	Air Force	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Conchords	Awesome
	600	564	46	H&G	House Hunters	Property Virgin	Outdoor Room	Curb/Block	Sarah's House	Genevieve	House Hunters	House Hunters
	594	529	47	TBS	Family Guy	Family Guy	House-Payne	House-Payne	Law & Order: SVU	Seinfeld	Seinfeld	Delta Force *
cable variety	276	582	49	BET	106 & Park: BET's Top 10 Live		The Best Man (2006, Suspense) Keesley Hawes.		Tiny & Toya	Tiny & Toya	Mo'Nique	
	627	528	50	MPC	Stargate Atlantis (DVS)		Star Trek: Voyager		Medium (N)		Fringe (N)	Inner-Fringe
	581	566	52	MTV	The Hills	After	Cribs	Hired	The City	The Hills	After	MTV Live
	618	524	54	TROP	The Celebrity Apprentice Mr. Trump chooses a winner.		Dog Whisperer		End of Leash	Last 10	Tube Tales	
	603	561	56	FOOD	Ricardo	Exotic	Dinner: Impossible		Chef Abroad	Chef Abroad	Chefs vs. City	Restaurant
	261	394	60	V	Murder, She Wrote		May-December	When I Laugh	SOUL "Exile" (DVS)	Unscripted (N)	Driven-Vision	Doc
	621	527	63	STR	Look-A-Like	TMZ	The Ellen DeGeneres Show (N)		The View (HDTV) (N)		The Dr. Oz Show (N)	TMZ
	553	546	65	TRE	Backyardigans	Night Garden	Waybuloo	Toopy & Binoo	Franklin	Babar	Little Bear	Toopy & Binoo
	526	507	249	VIVA	Cold Case "Glued"		Missing A judge is blackmailed.		Medium		Cold Case "Glued"	Psychic Inv.
	300	601	301	M1	Bed Stori	(7:25) Web of Lies (2009, Suspense)		Transformers: Revenge of the Fallen ** (2009, Science Fiction)				
cable variety	305	612	306	PIX	View of Terror	(7:20) Johnny Mnemonic * (1995)		Austin Powers: International Man of Mystery		Austin Powers-Spy		
	520	146	-	DISC	Daily Planet (N)		How It's Made	How It's Made	Destroyed	Deadliest Catch (N)		Daily Planet
	637	-	-	TVLND	Red Green	Red Green	Fantasy Island		Hart to Hart	Andy Griffith	Phil Silvers	Bizarre
	605	-	-	FASH	Sex & City 2	Look-A-Like	FashionTele	RAW	FT Found Footage		America's Next Top Model	Sex & City 2

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ROGERS ON DEMAND | CHANNEL 100

Francis gone wild?

Girls Gone Wild creator Joe Francis is once again being accused of attacking a woman after a reported scuffle at his company's offices in Santa Monica, Calif., according to Radar Online. **METRO NEWS SERVICES**

**Celebrity Buzz**

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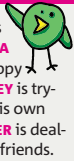
WILLIAM SHATNER is priceless, **SAMANTHA RONSON** is not a happy customer, **JIM CARREY** is trying to understand his own art and **JUSTIN BIEBER** is dealing with obnoxious friends.

@WilliamShatner Someone just asked me if I know who owns the legal rights to my face. Either way, you couldn't afford it.

@samantharonson Dear Lufthansa, your carry on rules suck! Oh wait- so does your food- and everything else. Dear everyone else- don't fly them!

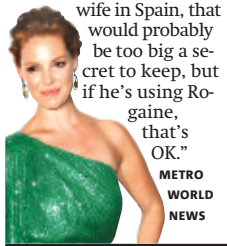
@JimCarrey Painted a man running in flames cause he can't live in a shelter. It's meaning has not yet occurred 2 me but I'm sure it's a good thing!

@justinbieber i wasnt hacked...my friend was messing with my twitter. guess i got some of my own medicine :) everything is all good.

**You don't have to tell her everything**

JUST LET HER KNOW IF YOU HAVE A SECOND WIFE Katherine Heigl admits that it's OK for couples to keep secrets from each other. "I don't think my husband does," she says, though she insists she doesn't mind if he does.

"I think if he had a second wife in Spain, that would probably be too big a secret to keep, but if he's using Rogaine, that's OK."



METRO WORLD NEWS

Lohan lockdown

LAYING DOWN THE LAW FOR LILLO A judge has refused a request by Lindsay Lohan's lawyer to ease restrictions involving drug and alcohol testing on the actress so she can film a movie in Texas.

Lohan appeared sombre and concerned yesterday when she conferred with her lawyer about attaching an alcohol-monitoring bracelet to her ankle and requiring drug testing every week in the Los Angeles area.

Lohan's lawyer, Shawn Holley, told the judge Lohan was planning to travel to Texas to film a movie, but the judge suggested the actress may have to de-

lay the project.

The judge also set a probation violation hearing for July 6 to address Lohan's failure to appear in court last week for a scheduled progress report on her probation stemming from two arrests in 2007.



Lohan, 23, arrived in the Los Angeles area Saturday after a flight from Europe, where she spent a few days at the Cannes Film Festival and partying into the wee hours on the day she was supposed to be in court.

She was to be arrested upon her return to Los Angeles for missing the mandatory hearing, but the judge recalled the warrant Thursday after Lohan posted bail.

THE ASSOCIATED PRESS

Brit takes it out on hair

WHAT A TRESS-BUSTER Britney Spears' hair suffered from another meltdown by the pop singer, according to In Touch. During a Mother's Day trip to Disney Land, Spears and boyfriend Justin Trawick reportedly had an argument that led to Spears locking herself in her room.

"She started out crying hysterically and refused to

go out," a source tells the magazine.

"Jason and the boys were left sitting with the nanny all day. They never got to meet Mickey Mouse." While locked away, Spears reportedly ordered a pair of scissors

delivered to her room and started cutting her hair off.

"When the cleaners came to the room, so much hair had been flushed down the toilet, it was blocked," the source adds.

METRO WORLD NEWS

Diaz, A-Rod get serious

WAIT TILL THEY MEET THE PARENTS Cameron Diaz's romance with Alex Rodriguez seems to be heating up. While in New York doing publicity, the actress used the Yankees slugger's Central Park West home as a base of operations, according to Page Six.

"Cameron went out early Friday morning to film Today and

Live With Regis and Kelly, but then she went straight back to A-Rod's place," a source says. And while the pair seem to be pleased with each other, Yankees fans are still withholding judgment.

"While Kate Hudson was considered to be a good-luck charm, the jury's still out on Cameron," a source says.

METRO WORLD NEWS

**Witherspoon can't get enough of Toth**

WHO WOULDN'T WANT TO MOVE INTO A \$5M MANSION? Reese Witherspoon and CAA agent Jim Toth are ready to move in together, according to Us Weekly. Witherspoon has plenty of room to accommodate Toth, owning a \$5 million US mansion in L.A.'s Brentwood neighbourhood.

METRO WORLD NEWS

**Can't stop the dancing**

HIS NEW MADNESS After a dance performance together at a benefit earlier this month, Tom Cruise is reportedly obsessed with he and Katie Holmes improving their fancy footwork, according to OK! Magazine. Sources say he's making her rehearse several times a week.

"Tom wants them to become the new Ginger Rogers and Fred Astaire," a source says. "He loves the idea of performing on stage with her but believes Katie has a long way to go before she's ready."



METRO WORLD NEWS

Fox 'too thin' for Bay film?

JUST CGI THOSE CURVES Megan Fox's falling out with Michael Bay that led to her leaving Transformers 3 was over her weight, according to the Sun. "Megan stormed out after a huge row with Michael Bay," a

source says.

"He thinks she has lost too much weight and looks too frail ... She's going for this gaunt, pale image and it just looks unhealthy."



METRO WORLD NEWS

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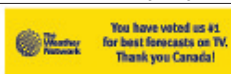
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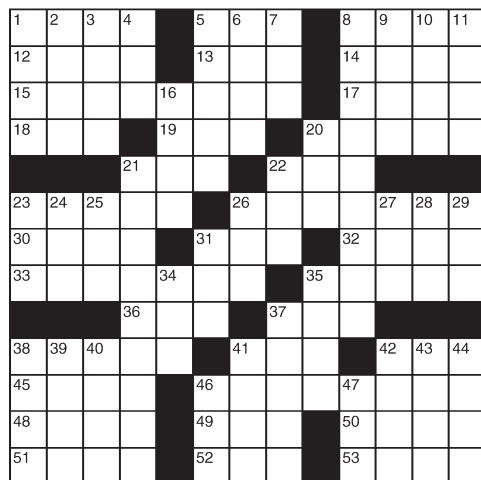
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Take Five

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ACROSS

1 Frilly, in a way
5 Silent
8 Carey or Barrymore
12 Soprano's solo
13 Raw rock
14 Libertine
15 "Don't touch" warning of a sort
17 Knitter's need
18 Put into words
19 Store sign abbr.
20 Seafood entree
21 "— good deed"
22 Four qts.
23 Mad
26 Dealer in rocks
30 Oodles
31 Aries
32 Aviation-related
33 Tremble
35 Sleep soundly?
36 Lummo
37 — relief
38 Nick
41 Press for payment

42 Wrestling surface
45 Out of control
46 Divers' gear
48
Unembellished
49 Toward the stern
50 Utter failure
51 Oklahoma city
52 Prepare Easter eggs
53 "How clumsy of me!"

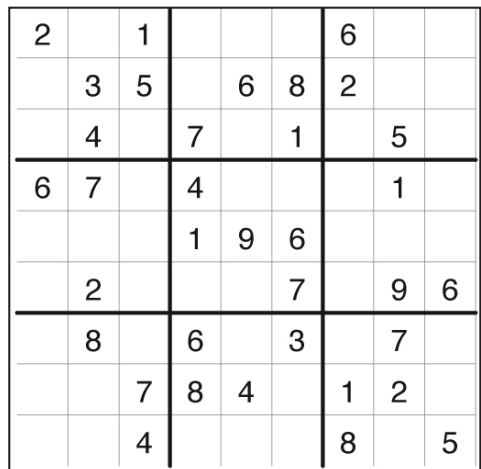
DOWN

1 Legislation
2 Vicinity
3 Urban area
4 Shriek bark
5 Ballerina Shearer
6 Coffee shop vessels
7 Encountered
8 Washes without water
9 Bellow
10 Multinational money
11 Make one's way
16 Sailor's greeting
20 Spotted
21 Car "in the shop" ship : —
22 Item for 26-Across
23 Mornings (Abbr.)
24 "Unh-unh"
25 Wildebeest
26 Pickle holder
27 Writer
Buscaglia
28 Blunder
29 Shad offering
31 Ump
34 Doo follower
35 Without
37 Montana city
38 Appellation
39 Portent
40 Actress
Spelling
41 Go up against
42 Venus de —
43 On
44 Recipe measures (Abbr.)
46 Bankroll
47 Faraway craft (Abbr.)

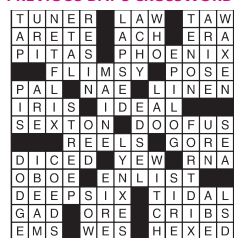
Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



On the web

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Metro Recipe of the Day



Crawfish Étouffée

INGREDIENTS:

1/3 cup all-purpose flour
1/2 cup vegetable oil
1 green pepper, chopped
1 onion, chopped
1 cup chopped celery
398 ml can tomato sauce
1 cup water
1 tsp Worcestershire sauce
1 tsp garlic powder
1 tsp paprika
1 tsp lemon juice
3/4 tsp Creole seasoning
1 kg frozen cooked crawfish tails, thawed
Hot cooked rice

METHOD:

1. In heavy Dutch oven, whisk flour and oil until smooth. Cook over medium-high heat 5 minutes, whisking constantly. Reduce heat to medium;

cook and stir 10 minutes longer or until mixture is reddish-brown.
2. Add green pepper, onion and celery; cook and stir 5 minutes. Add tomato sauce, water, Worcestershire sauce, garlic powder, paprika, lemon juice and Creole seasoning. Bring to boil.
3. Reduce heat; cover and simmer for 45 minutes. Add crawfish; heat through. Serve with rice.

SERVES 8

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!



Horoscopes by Sally Brompton

sallybrompton.com For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES

MARCH 21-APRIL 20



Don't hold back today. If there is something that needs to be said then say it and don't worry what the consequences might be.

LIBRA

SEPT 23-OCT 23



Do something positive with your talents, something that boosts your status and reminds the world that you are someone to be taken seriously.

TAURUS

APRIL 21-MAY 21



If you have an hour or two to yourself today, write down all those brilliant ideas that have been flooding into your brain of late.

SCORPIO

OCT 24-NOV 22



You can be ruthless when the need arises and there is one particular thing you want so much that you will do almost anything to get your hands on it.

GEMINI

MAY 22-JUNE 21



Don't burden yourself with worries that what you intend to do may not meet with others' approval. What matters is that you approve of it.

SAGITTARIUS

NOV 23-DEC 21



It may seem to you as if others are making a point of disagreeing with you every chance they get but are they really or are you overreacting?

CANCER

JUNE 22-JULY 22



The Sun's transit of the most sensitive area of your chart is likely to make this a more reflective phase, but that is not an invitation to worry yourself sick.

CAPRICORN

DEC 22-JAN 20



Start thinking ahead and planning what you would like to do when Saturn, your ruling planet, moves in your favor again on the 30th.

LEO

JULY 23-AUG 23



Something in your life has run its course and must now be left behind. Something else is coming into your life and must be embraced.

AQUARIUS

JAN 21-FEB 18



Whatever it is you are planning to do you are strongly advised to begin it immediately. The more you keep putting it off the less likely you will finish it.

VIRGO

AUG 24-SEPT 22



Your mind may be full of great ideas but what are you going to do with them all? You will get the chance to apply some of those ideas.

PISCES

FEB 19-MARCH 20



What happens today or tomorrow is likely to upset a number of things you have come to rely on, but is that really such a bad thing?

WOULD YOU LIKE TO KISS AGAIN?

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- DO YOU HAVE LOOSE TEETH?
- DO YOU SUFFER FROM LOOSE DENTURES?

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SmartCentres Aurora
BARRIE
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632 Yonge St
Barrie Power Centre
Georgian Mall
BOLTON
SmartCentres Bolton
BOWMANVILLE
Clarington Place
BRAMPTON
59 First Gulf Blvd
100 Great Lakes Dr
10086 Hurontario St
Bramalea City Centre
Shopper's World
BURLINGTON
1100 Walker's Line
Appleby Crossing
Burlington Mall
Mapleview Mall
CAMBRIDGE
499 Hespeler Rd
Cambridge Centre
COBourg
Northumberland Mall
COOKSTOWN
Cookstown Outlet Mall (kiosk)
ETOBICOKE
Cloverdale Mall
Sherway Gardens
Woodbine Centre
GEORGETOWN
330 Suelph St
LINDSAY
229 Kent St
Whitney Town Centre
MAPLE
2610 Major Mackenzie Dr
MARKHAM
7357 Woodbine Ave
Market Village
Markville Shopping Centre
Pacific Mall
MILTON
377 Main St E
MISSISSAUGA
6965 Davand Dr
980 Eglington Ave E
Dixie Value Mall
Erin Mills Town Centre
Heartland Power Centre
Sheridan Centre
Square One Shopping Centre
Westgate SmartCentres
NEWMARKET
Upper Canada Mall
NORTH YORK
170 Rimrock Rd
2081 Steeles Ave W
Bayview Village
Centerpoint Mall
Crossroads Plaza
Empress Walk
Lawrence Square
North York Sheridan Mall
Sheppard Centre
Yorkgate Mall
OAKVILLE
Oakville Place
Winston Power Centre
ORANGEVILLE
114 Broadway Ave
OSHAWA
Five Points Mall
Oshawa Centre
PICKERING
Pickering Town Centre
RICHMOND HILL
Hillcrest Mall
Richmond Heights Plaza
Time Square Shopping Centre
SCARBOROUGH
259 Morningside Ave
Bridlewood Mall (kiosk)
Cedarbrae Mall (kiosk)
Eglinton Square
Malvern Town Centre
Scarborough Town Centre
SUDBURY
Brady Square
New Sudbury Centre
Southridge Mall
THORNHILL
Promenade Mall
TORONTO
2256 Bloor St W
205 Danforth Ave
700 Gordon Baker Rd (new)
85 Hanna Ave
2171 Queen St E
2322 Yonge St
Chinatown Centre
College Park
Dufferin Mall
East York Town Centre
Eaton Centre
Eaton Centre II
Exchange Tower
Gerrard Square
Holt Renfrew Centre
Royal Bank Plaza
Scotia Plaza
Shops at Don Mills
Toronto Life Square
Yorkdale Shopping Centre (kiosks)
UXBRIDGE
307 Toronto St S
VAUGHAN
Vaughan Mills
WHITBY
Whitby Mall
Whitby SmartCentres
WILLOWDALE
Fairview Mall
WOODBIDGE
4080 Highway 7

AIR CANADA VACATIONS

Deals of the week



Sun Destinations

CUBA

Holguin

Sirenis Playa Turquesa • 4 ★

All-Inclusive • Superior rm.
May 29 - June 19 • 1 wk.

\$339
+Taxes & other fees
(including service charges): \$231
Departure tax: 25 CUC cash, paid locally

DOMINICAN REPUBLIC

Samana

Grand Paradise Samana • 4 ★

All-Inclusive • Superior garden rm.
June 6, 13 & 20 • 1 wk.

\$349
+Taxes & other fees
(including service charges): \$314

JAMAICA

Gran Bahia Principe

Jamaica • 4 1/2 ★

All-Inclusive • Junior suite
June 4 - 25 • 1 wk.


\$699
+Taxes & other fees
(including service charges): \$282
Please add \$50 for Sat. & Sun. departures

COSTA RICA

Liberia

Occidental Grand

Papagayo • 4 1/2 ★
All-Inclusive • Deluxe rm.
June 5, 12 & 19 • 1 wk.

\$799
+Taxes & other fees
(including service charges): \$212
Departure tax: 26 USD cash, paid locally

Santa Clara

Sol Cayo Santa Maria • 3 1/2 ★

All-Inclusive • Standard rm.
May 29 - June 19 • 1 wk.

\$399
+Taxes & other fees
(including service charges): \$231
Departure tax: 25 CUC cash, paid locally

Punta Cana

Occidental Grand

Punta Cana • 4 ★
All-Inclusive • Junior suite
June 5 - 19 • 1 wk.

\$489
+Taxes & other fees
(including service charges): \$314

TURKS & CAICOS

Royal West Indies

Resort & Spa • 4 ★
Studio botanical view
June 5 & 12 • 1 wk.

\$859
+Taxes & other fees
(including service charges): \$228
Departure tax: 20 USD cash, paid locally

MEXICO

Cancun/Riviera Maya

Grand Sirenis Riviera Maya

Hotel & Spa • 5 ★
All-Inclusive • Junior suite
Aug. 6 • 1 wk.

\$939
+Taxes & other fees
(including service charges): \$297

Varadero

Barceló

Marina Palace • 4 1/2 ★

All-Inclusive • Junior suite
May 29 - June 20 • 1 wk.

\$489
+Taxes & other fees
(including service charges): \$231
Departure tax: 25 CUC cash, paid locally

GREAT EXUMA, BAHAMAS

EARN UP TO 5,000 BONUS AEROPLAN MILES*

Sandals Emerald Bay,

Great Exuma, Bahamas

Luxury Included® Vacation

Exuma honeymoon luxury
June 6 & 13 • 1 wk.

\$1779
+Taxes & other fees
(including service charges): \$199

SAINT LUCIA

Coconut Bay Beach

Resort & Spa • 4 ★

All-Inclusive
Deluxe garden view rm.
June 6 & 13 • 1 wk.


\$1919
+Taxes & other fees
(including service charges): \$248

CRUISE

Norwegian Cruise Line¹

Norwegian Dawn

Bermuda Cruise

Flights to New York

Interior stateroom, cat. J

Aug. 8 & 22 • 1 wk.

\$1259
+Taxes & other fees
(including service charges): \$299

Book by May 31, 2010 and **SAVE \$200** per couple

WALT DISNEY WORLD RESORT

FLORIDA

Orlando

Disney's Pop Century Resort • 3 ★

Special offer 2 - Standard rm.
July 5 & 6 • 1 wk.

\$749
+Taxes & other fees
(including service charges): \$130

Fly in style

Save up to **40%** on Executive Class®

Disney's Caribbean Beach Resort • 4 ★

Special offer 2 - Standard rm.
July 6 • 1 wk.

\$949
+Taxes & other fees
(including service charges): \$130



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